

Aromatherapy and Flower Essences

Suggestions for preparing for Your Initial Meeting

Sometimes we have a clear idea of an issue we want to work on. Other times, we experience troubling feelings without knowing just why.

Prior to your appointment, it may be helpful to reflect on the following questions. However, if the experience becomes overwhelming, simply make a note of that, and discontinue the exercise.

OVERALL: Is there a condition or situation you would like to change? If so, describe.

HOW DO YOU FEEL ABOUT:

Your present occupation

Your relationships with members of your family

Your marital or partnership relationship (or, if none, is that a problem?)

Your emotional health—any areas that need attention?

Your spiritual development

Often, just setting aside quiet time to go within and explore these areas is the first therapeutic action we take. Congratulations!